

THE
PUDDING
BOOK

With the Compliments of
SHREDDO LTD.

SHREDDO — It IS Beef Suet

A Word to Housewives

BEEF SUET is recognised by Doctors and Food Specialists as being the most nourishing and valuable of fats. The investigations of an eminent specialist on tuberculosis demonstrated that practical immunity from the dread ravages of consumption is attained by the inclusion of plenty of beef fat in the diet.

There is no better or more appetising way of assimilating this valuable fat than in the form of Suet Puddings.

MAKE YOUR FAMILY PLENTY OF SUET PUDDINGS.

That there need be no monotony in this is demonstrated by the variety of tasty and dainty recipes in this Recipe Book.

"Shreddo" is nothing but the very finest of Kidney Beef Suet "shredded" for your convenience, and rolled in rice flour to keep the delicate grains separate.

Treat "Shreddo" with the care you treat your other groceries, and it will keep fresh indefinitely.

That this small Booklet will assist you to raise the standard of nourishment and aid you in the selection of an appetising variety in your puddings is the hope of

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General Directions for Steamed Puddings

The best way to cook a pudding is to steam it, unless it is a rich fruity pudding that requires many hours, such as a Christmas pudding or those boiled in cloths. A steamer should be in every household, but if you do not possess one, or it is in use, the pudding basin can stand on a little trivet in the saucepan, with the water only half way up the basin, and more can be added as it boils away.

Two pudding questions often asked are: "How can I prevent my pudding sticking to the cloth, and how prevent that white soppy appearance that a boiled pudding often has?"

Both questions can be answered at once.

If the pudding is to be boiled in a cloth, wrap it first in greased grease-proof paper, but if it is to be boiled in a basin, place a piece of greased paper over it before putting on the cloth. The pudding cannot then stick to the cloth, has a nice flaky appearance, is never wet, and there are no greasy cloths to wash. The appearance of the pudding is also much improved, as you can dust it with powdered sugar which will not then melt as it does when a pudding is very damp.

A pudding will stick to the basin if the basin is not perfectly dry or if it is not sufficiently greased. Warm the fat that you are going to grease it with until it is almost liquid, then coat the inside of the basin well, being careful not to miss any part.

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Puddings that are to be boiled must quite fill the basin, or the water will get in; but when they are to be steamed the basin need not be full; in fact, it is best—especially when the mixture contains breadcrumbs—to leave plenty of room for swelling.

The water must be kept boiling, and when more is needed boiling water must be added, otherwise the pudding will not be light.

When boiling or steaming puddings, see that your saucepan lid fits quite tightly, and do not open more than is absolutely necessary. A pudding will not be done in the time given in the recipe if the steam is allowed to escape.

With regard to ingredients, flour must be perfectly dry. Sift it before using.

“Shreddo” Suet is already chopped, so all that is necessary is to pour out from the packet the required quantity. (Always close the packet after use and store away from light.)

Fruit must be cleaned, stalked, stoned if necessary, and dried thoroughly. Wet fruit makes heavy puddings.

Flour the fruit lightly for batter mixtures to prevent it sinking to the bottom.

The stalest bread can be used in puddings, but, of course, it must not have the slightest sign of mildew. Soak in water—cold if you have time to spare, hot if you are in a hurry—and when quite soft put it in a colander and press out every drop of water, then beat it and remove any hard lumps before using.

Eggs go farther if the yolks and whites are beaten separately. If you use a wet basin, the yolks will not stick to it, so none is wasted.

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When cooked, let the pudding stand for a minute or two after you have uncovered it before turning it out; it will come more easily.

Serving

If a pudding is daintily served it certainly tastes better, for the palate is influenced by the eye.

A sifting of fine white sugar, a well-made sauce surround of a contrasting colour, a decoration of a little jam, syrup or whipped cream will transform a plain pudding into a pretty dish.



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ALMOND PUDDING

1/4 lb. Breadcrumbs.	1/4 lb. Sweet and 3
1/4 lb. Flour.	Bitter Almonds.
1/2 lb. Sugar.	Small teaspoonful
2 ozs. Candied Peel	Baking Powder.
1/4 lb. SHREDDO.	1 Egg (optional).
	Milk to moisten.

Blanch and chop almonds; mix all dry ingredients together; beat up egg and milk into mixture. Pour into greased basin, on which strips of candied peel have been put; cover with greased paper, and steam for 3 hours.

Serve with or without cornflour sauce, to which a few drops of essence of almonds may be added.

APPLE PUDDING

8 ozs. Flour.	1 1/2 lbs. Apples.
4 ozs. SHREDDO.	2 ozs. moist Sugar.
Pinch of Salt.	A few Cloves or Juice
1 teaspoonful of	of half a Lemon.
Baking Powder.	

Peel, core and cut apples into slices; make crust, following directions for "Suet Crust for Puddings"; roll out fairly thin. Line greased basin with the crust, fill in half the fruit and sugar, then the remainder of the fruit and sugar and lemon juice or cloves. Cover over with paste, joining it to edges of the lining of the basin. Cover with greased paper and steam for 2 hours.

APPLE ROLY-POLY

Make crust, following directions for suet crust for puddings, roll out thin, sprinkle with apples, peeled, cored and chopped small, currants or sultanas, a little brown sugar, grated nutmeg

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and SHREDDO. Fold into roly-poly, tie in a damped well-floured cloth, and steam for 3 hours.

BANANA PUDDING

6 ozs. Breadcrumbs.	Juice and Grated
3 ozs. SHREDDO.	Rind of 1 Lemon
2 ozs. Sugar.	1 Egg.
4 Ripe Bananas.	

Slice bananas thinly and mix with other ingredients; add egg well beaten. Pour into greased basin. Steam $2\frac{1}{2}$ hours.

BEDFORD PUDDING

6 ozs. Flour.	4 ozs. chopped and
3 ozs. SHREDDO.	stoned Dates
Teaspoonful Baking	(sprinkled with a
Powder.	little flour to pre-
1 Egg (optional).	vent sticking to-
4 ozs. chopped Apple.	gether).
	Milk to moisten.

Mix dry ingredients together, then moisten and pour into greased basin. Steam 3 hours.

BIRTHDAY PUDDING

4 ozs. Breadcrumbs.	3 tablespoonsful
2 ozs. Ground Rice.	Raspberry Jam
3 ozs. Sugar.	2 Eggs.
4 ozs. SHREDDO.	$\frac{1}{2}$ gill Milk.
2 ozs. Candied Peel.	

Mix dry ingredients together, moisten with eggs well beaten in milk, and beat up thoroughly. Pour into greased basin, on which sliced candied peel has been placed. Cover with greased paper, and steam 2 hours. Serve with custard sauce. (This pudding can be baked, if preferred.)

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BLACK AND WHITE PUDDING

1 teacupful
SHREDDO.

1 teacupful Flour.

1 teacupful Black
Currant Jam.

1 teacupful
Breadcrumbs.

Pinch of Salt.

$\frac{3}{4}$ teacupful Milk.

$\frac{1}{2}$ teaspoonful Car-
bonate of Soda.

Mix the SHREDDO, flour, bread, salt and soda with a fork. Beat the jam and milk together, then mix all thoroughly. Grease basin, pour the mixture in, leaving a third of the space for rising. Cover with greased paper twisted round. Steam for 3 hours. Serve with corn-flour or arrowroot sauce.

BREAD PUDDING

$\frac{1}{2}$ lb. Stale Bread.

2 ozs. SHREDDO.

3 ozs. Currants.

2 ozs. Sugar.

1 Egg, beaten up with
milk to moisten,
and a little grated
Nutmeg or Ground
Ginger to flavour.

Cut crust off bread, soak slices in cold water, then strain in colander and squeeze out water; beat up well with a fork, add SHREDDO, currants and sugar; mix well, then add the egg and milk. Pour into greased basin. Steam 2 hours. Cover with greased paper.

BROWN BREAD PUDDING

6 ozs. Brown Bread-
crumbs.

4 ozs. Sugar.

2 ozs. Self-raising
Flour.

6 ozs. Sultanas.

4 ozs. SHREDDO.

Grated Ginger.

1 Egg beaten in milk
to moisten.

Mix dry ingredients together, add egg and milk, pour into greased basin, cover with greased paper, and steam 3 hours. Serve with custard sauce.

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CARMELLO PUDDING

$\frac{1}{2}$ pint Milk.	2 ozs. SHREDDO.
2 tablespoonsful Rum.	Almonds and Raisins.
$\frac{1}{4}$ lb. stale Sponge Cake.	2 ozs. Sugar.
3 Eggs.	Flavouring.
	Caramel Sauce as below.

Cut the cake into dice. Beat the eggs, sugar, rum and milk and a little grated nutmeg or mixed spice; add them to the cake and SHREDDO. Leave for an hour. Grease a mould or basin, coat it with stoned and halved raisins, blanched almonds cut in strips here and there between. Fill up with the cake mixture, cover with greased paper. Steam for $2\frac{1}{2}$ hours. Very light and digestible.

For Sauce.—Put into a copper saucepan 2 ozs. castor sugar, 1 tablespoonful of lemon juice and the same of water, stir over gentle heat until a nice brown, add more water (making nearly a $\frac{1}{2}$ -pint in all), boil up and pour round the pudding.

COCOANUT PUDDING

6 ozs. Breadcrumbs.	2 tablespoonsful
3 ozs. SHREDDO.	Desiccated
3 ozs. Sugar.	Cocoanut.
1 Egg.	$\frac{1}{2}$ pint of Milk.

Boil milk and pour over the cocoanut, leave it to soak for about 1 hour. Mix dry ingredients together. Beat up egg and add to cocoanut and milk, stir into dry ingredients and beat well. Pour into greased basin, cover with greased paper, steam for 3 hours. Serve with sweet sauce.

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CHRISTMAS PUDDING

(Sufficient for two or three puddings)

- | | |
|------------------------------|---|
| 3/4 lb. SHREDDO. | 1/4 lb. Breadcrumbs. |
| 1 lb. Raisins. | 2 ozs. Sweet Almonds. |
| 1 lb. Currants. | A little Nutmeg. |
| 1 lb. Sultanas. | Rind and Juice of 1 |
| 1/2 lb. Candied Peel. | Lemon. |
| 1/2 lb. Sugar. | Pinch of Salt. |
| 3/4 lb. Flour. | 4 Eggs. |
| 1 teaspoonful Baking Powder. | Enough Milk to make it right consistency. |

Clean currants, stone raisins, put all the dry ingredients into a basin, blanch and chop almonds, add egg (well beaten), grated rind of lemon, and the juice strained. Mix all thoroughly; put into greased pudding basins, cover with greased paper and steam for 6 hours.

CHOCOLATE PUDDING

- | | |
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| 6 ozs. Flour. | Pinch Salt. |
| 2 ozs. Sugar. | Large teaspoonful |
| 3 ozs. SHREDDO. | Baking Powder. |
| 1 oz. Cocoa. | Milk to moisten. |

Mix cocoa, salt and sugar well with flour, add suet; then stir in milk gradually until mixture is fairly liquid. Pour into greased basin, cover with greased paper, and steam for 2½ hours. Serve with custard sauce.

DATE PUDDING

- | | |
|---|------------------------------------|
| 6 ozs. Flour. | Grated Nutmeg or |
| 3 ozs. Dates (full weight after stoning). | Mixed Spice to taste. |
| 3 ozs. Sugar. | 1/2 pint of Milk. |
| 3 ozs. SHREDDO. | 1/2 teaspoonful Carbonate of Soda. |
| | Pinch of Salt. |

Mix the flour with spice, salt and sugar, mince

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the dates and mix them with the flour, etc., add SHREDDO, then boil the milk and stir the soda in off the fire, pour it into the centre of dry ingredients and beat well together. Steam in a greased basin for 3½ hours. Sauce is optional, but an improvement.

Note.—Reserve a little of the flour (at first) to sprinkle over the dates before adding them to the rest, as they “cake” somewhat if carelessly added.

DORSET PUDDING

4 ozs. Breadcrumbs.	Pinch of Salt.
3 ozs. SHREDDO.	Grated Rind and Juice
2 ozs. Currants.	of sweet Orange.
4 ozs. Apples, peeled	1 Egg.
and finely chopped.	Little Milk.
2 ozs. Sugar.	

Mix dry ingredients together, moisten with egg beaten up with orange juice, and sufficient milk to moisten. Pour into greased basin and steam for 3 hours.

FEATHER PEARL PUDDING

6 ozs. Flour.	Pinch of Salt.
2 ozs. SHREDDO.	Teaspoonful Baking
1 oz. Pearl Sago.	Powder.
1 Orange.	1 Egg.

Mix the flour, salt, SHREDDO and baking powder with a fork. Wash and soak the sago all night in a pint of cold water, pour off all the water that is not absorbed, add the sago and egg to the flour, etc., then mix the whole with the juice of the orange, and water, if required, to make up the quantity to a half a gill. Steam in greased basin for 3 hours.

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For Sauce.—Grate rind of the orange into half a pound of treacle, heat it, and pour over the pudding. As the latter contains no sugar, a sweet sauce is a necessity.

FIG PUDDING

4 ozs. SHREDDO.	4 ozs. Breadcrumbs.
4 ozs. Flour.	1 teaspoonful Baking Powder.
$\frac{3}{4}$ lb. Figs.	A little Milk.
1 large Apple.	
4 ozs. Sugar.	

Chop figs and apple fine, mix flour and baking powder well, add all ingredients with enough milk to moisten. Pour into greased basin and steam for $2\frac{1}{2}$ hours.

FRESH FRUIT PUDDING

Make crust, following directions for "Suet Crust for Puddings." Roll out thin, line greased basin, leaving enough to cover top of basin after fruit has been put in. Fill in the basin with any fresh fruit in season, sprinkling with sugar according to size of pudding. Cover with crust, pinching the edges well together. Plums, peaches, nectarines, or any hard fruit should be washed in cold water.

GINGERBREAD PUDDING

4 ozs. Flour.	1 teaspoonful Ground Ginger.
4 ozs. fine Oatmeal.	1 teacupful Golden Syrup.
Pinch of Salt.	2 teaspoonsful Carbonate of Soda.
4 ozs. SHREDDO.	1 gill of Milk.
1 teaspoonful Baking Powder.	

Mix flour, oatmeal, ginger, baking powder, soda, salt and SHREDDO. Warm syrup and beat up

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in the milk; stir this into dry ingredients and beat up well. Pour into greased basin, steam for 3 hours. Serve with syrup sauce.

GINGER PUDDING

- | | |
|---------------------|---------------------|
| 1 lb. Flour. | 1 large teaspoonful |
| 4 ozs. SHREDDO. | Ground Ginger. |
| Pinch of Salt. | Teaspoonful Baking |
| 1 lb. Golden Syrup. | Powder. |
| 1 Egg (optional). | A little Milk. |

Put the syrup in a basin to warm; mix the flour, ginger, salt, baking powder and SHREDDO thoroughly together with syrup and put into greased basin, cover with greased paper, steam for 4 hours.

GOLDEN PUDDING

- | | |
|------------------------|----------------------|
| 6 ozs. Flour. | Large teaspoonful |
| 4 ozs. stoned Raisins. | Baking Powder. |
| 4 ozs. SHREDDO. | 4 ozs. Golden Syrup. |
| Pinch of Salt. | Milk to Moisten. |

Mix flour, raisins, SHREDDO, baking powder and salt together, then stir in syrup, which has been warmed until liquid; lastly, stir in the milk. Pour into greased basin, steam for 3 hours. Serve with custard sauce.

GOOSEBERRY PUDDING

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| 1 bottle Gooseberries. | ¼ lb. SHREDDO. |
| 1 lb. Flour. | Custard or Cream. |
| A pinch of Salt. | Sugar to taste. |

Sift the flour and salt, add SHREDDO, and mix them together. Make a hole in the centre, pour in a little water, mix, then add enough water to make a rather soft paste, but it must not be at all sticky.

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Roll out on a floured board.

Well grease a basin, line it with the pastry, and put in the gooseberries with just a little juice and sugar to taste. Cover with pastry, pinching the edges together. Tie a greased paper over, and steam for 3 hours. Turn out after the pudding has been two or three minutes out of the saucepan, sprinkle with sugar, and serve with custard or cream.

GRAHAM PUDDING

6 ozs. chopped Apple.	2 ozs. Breadcrumbs.
2 ozs. Flour.	1½ ozs. SHREDDO.
1 Egg.	1½ ozs. Sugar.

Mix all the dry materials together, then bind them with the egg, and steam the pudding in a greased mould for 1½ hours. This is a splendid pudding for children, as it contains suet, which is so nourishing for them, and apple, a very wholesome fruit.

HALF-POUND PLUM PUDDING

½ lb. SHREDDO.	Grated Rind and Juice
½ lb. Raisins.	of a Lemon.
6 ozs. Brown Sugar.	1 teaspoonful Mixed
½ lb. Breadcrumbs.	Spice.
1 pint Milk.	2 tablespoonsful
½ lb. Flour.	Golden Syrup.

Mix all the dry ingredients together, stir in the warmed treacle, lemon juice, and a pint of milk (a little more if necessary), to make a stiff mixture. Boil hard in a well-floured pudding cloth for three hours, filling up the saucepan with boiling water, as the water boils away. Dip the pudding into cold water for a second before taking it out of the cloth; it will then turn out perfectly firm.

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GROUND RICE PUDDING

2 ozs. Flour.	Teaspoonful Baking
2 ozs. Ground Rice.	Powder.
2 ozs. SHREDDO.	Pinch of Salt.
2 ozs. Sugar.	1 Egg.
3 ozs. chopped Figs.	½ gill Milk.

Mix dry ingredients together, then add egg beaten up in milk, stir together thoroughly, pour into greased basin. Steam for 3 hours.

KAPAI PUDDING

4 tablespoons each of Raisins, Currants, Sugar, Bread-crumbs, Ground Rice, and Flour.	1 teaspoon Mixed Spice.
6 tablespoons SHREDDO.	1 teaspoon Soda.
	Little Candied Peel.
	Small Pinch Salt.
	A little Milk.

Stir all the dry ingredients well together and mix with a little milk in which the soda has been dissolved. Steam in a greased mould or basin for 3 hours.

LEMON PUDDING

6 ozs. Breadcrumbs.	Pinch of Salt.
2 ozs. Sugar.	Strained Juice and
4 ozs. stoneless Raisins.	grated Rind of 2
4 ozs. SHREDDO.	Lemons.
1 teaspoonful Baking Powder.	1 oz. Flour.
	1 Egg.
	½ pint Milk.

Ornament a greased basin with raisins. Mix dry ingredients together, add lemon juice, egg and milk. Steam for 2½ hours.

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LIGHT PUDDING

6 ozs. Flour.
 $\frac{1}{2}$ teaspoonful Car-
bonate of Soda.
3 ozs. SHREDDO.

4 ozs. Golden Syrup,
warmed.
Milk to moisten.

Mix flour and suet together, stir in the syrup. Dissolve the soda in some warm milk and add to mixture. Put into greased basin; steam 3 hours.

Note.—The mixture must not be very liquid.

MARMALADE PUDDING

$\frac{1}{4}$ lb. Breadcrumbs.
2 ozs. Flour.
3 ozs. SHREDDO.

$\frac{1}{2}$ lb. Marmalade.
1 Egg (optional).

Put SHREDDO into a basin with the flour and breadcrumbs, add the marmalade, and mix thoroughly. Put into a greased basin, cover with greased paper, and steam for 2 hours.

ORANGE PUDDING

6 ozs. Breadcrumbs.
4 ozs. SHREDDO.
3 ozs. Sugar.
1 oz. Candied Orange
Peel.

Grated Rind and Juice
of 2 Oranges.
1 Egg and Milk to
moisten.

Grease basin or pie-dish, decorate with strips of candied peel thinly sliced. Mix ingredients together. Beat up egg in milk and mix thoroughly. Steam for 3 hours, or bake in a slow oven for about 1 hour.

PRUNE ROLY-POLY

12 ozs. Flour.
2 ozs. Breadcrumbs.
5 ozs. SHREDDO.

Cold Water and
Lemon Juice.
Prunes as below.

Sift the flour with a pinch of salt, add the

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SHREDDO and crumbs, mix well, then put in gradually about $1\frac{1}{2}$ gills of water, and a teaspoonful of lemon juice, mixing to a firm paste. Flour board, roll the crust out evenly and lightly, fold in three, turn (just as for flaky pastry), roll and fold again, then roll out for use. This will make two moderate-sized puddings, which should be steamed for $2\frac{1}{2}$ hours each. Use a greased paper first, next to the crust, then tie in a thin cloth, and cook in a large potato steamer, or any other—there are many varieties.

For the Prune Mixture.—Wash and soak $\frac{1}{2}$ lb. prunes in cold water to cover, cook gently, remove the stones, add a little brown sugar and mixed spice, and cook to the consistency of jam. Use when cold.

POUND PUDDING

$\frac{1}{2}$ lb. Flour.	2 Eggs.
$\frac{1}{2}$ lb. Breadcrumbs.	2 ozs. Candied Peel.
1 lb. Raisins.	1 oz. Ground
1 lb. Currants.	Almonds.
$\frac{1}{2}$ lb. SHREDDO.	Pint Milk.

Mix together all the dry ingredients, add eggs well beaten in milk. Pour into greased basin; cover with greased paper, and steam at least for 4 hours. Serve with custard sauce.

RAISIN PUDDING

4 ozs. Flour.	Small teaspoonful
4 ozs. Breadcrumbs.	Carbonate of Soda.
4 ozs. SHREDDO.	Pinch of Salt.
2 ozs. Sugar.	1 Egg, and Milk to
$\frac{3}{4}$ lb. stoned Raisins.	moisten.

Cut raisins in half, mix ingredients together, stir in egg beaten up with enough milk to

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moisten (egg optional). Pour into greased basin, cover with greased paper, and steam for $2\frac{1}{2}$ to 3 hours.

ROLY-POLY PUDDING

6 ozs. Flour.

3 ozs. SHREDDO.

Flat teaspoonful of

Baking Powder.

Pinch of Salt.

Mix the flour, baking powder, salt and suet with cold water to a stiff paste. Roll out thin and spread over with jam, marmalade or golden syrup. Roll over, pinch top and bottom edges together. Dip pudding cloth in boiling water, flour it and wrap round pudding; tie ends with string. Steam for 2 hours.

SPECIAL SUET PUDDING (for Invalids)

4 ozs. fine Flour.

1 oz. Bread or Sponge

Cake Crumbs or
mixed.

$1\frac{1}{2}$ ozs. SHREDDO.

1 Egg.

Fruit Juice.

Cold Water.

Sift the flour, add crumbs and SHREDDO. Beat the egg yolk with one-third pint of water and the strained juice of half a lemon or orange—about a tablespoonful or rather more. Add the flour, etc., mix well, then fold in the white of egg beaten to a firm froth. Well grease a basin, and three parts fill with the mixture; twist greased paper over, and steam for $2\frac{1}{2}$ hours. Serve with jam, jelly, sugar, honey, etc., to taste. No sugar being used in the pudding, plenty of variety in the matter of adjuncts is easily obtained. Wine or brandy may replace the fruit juice.

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"SHREDDO" PUDDING

(Very light and good for children)

1/4 lb. Flour.	3 tablespoonsful Milk.
2 ozs. Sugar.	4 tablespoonsful of
Pinch of Salt.	Jam or Marmalade
1 teaspoonful Baking	or Golden Syrup.
Powder.	2 ozs. SHREDDO.

Mix dry ingredients together with milk, put jam at bottom of greased basin, pour in mixture, and steam 1½ hours.

The plain mixture, if served with Chocolate Sauce, makes a nice variation.

SPICE PUDDING

6 ozs. Flour.	1 teaspoonful each of
3 ozs. SHREDDO.	Ground Ginger,
6 ozs. Golden Syrup.	Cinnamon and All-
1 oz. Brown Sugar.	spice.
2 ozs. thinly-sliced	1 teaspoonful Bicar-
Candied Peel.	bonate of Soda.
1 Egg.	Milk.

Warm syrup, then mix in dry ingredients. Moisten with egg beaten in milk, stir well, and pour into greased basin. Steam for 3 hours.

SAGO FRUIT PUDDING

4 ozs. small Sago.	2 ozs. SHREDDO.
6 ozs. Breadcrumbs.	2 ozs. Sugar.
6 ozs. Currants,	1/2 teaspoonful Bicar-
Raisins, Figs or	bonate of Soda.
Dates.	1/2 pint of Water.

Soak the sago overnight in water. If using large fruit, cut it up. Break up the sago with a fork and mix with the other ingredients; add enough milk to make a fairly stiff mixture.

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Put into a buttered basin and steam for 3 or 4 hours. Turn out and serve with or without sauce.

Note.—An extremely light and nice pudding.

STEAMED PRUNE PUDDING

6 ozs. Flour.	A pinch of Ground
6 ozs. Breadcrumbs.	Cinnamon.
3 ozs. SHREDDO.	1 Egg.
¼ lb. Granulated	¼ pint Milk.
Sugar.	A pinch of Salt.
¼ lb. Prunes.	

Take the stones out of the prunes, crack them, and blanch the kernels. Cut the prunes into small pieces. Add a pinch of salt to the flour, and put it through a sieve. Mix with it the breadcrumbs, SHREDDO, the prunes, cinnamon, sugar, and kernels. Add the egg, well beaten, and the milk. Turn into a well-buttered mould or basin, and steam for 3 hours.

Serve with butter cream sauce.

SUET PUDDING (Plain)

1 lb. Flour.	Large teaspoonful of
6 ozs. SHREDDO.	Baking Powder
	Pinch of Salt.

Mix flour, baking powder and salt, then add suet. Moisten with water to a fairly stiff paste. Steam for 2 hours.

SUET CRUST FOR PUDDINGS

1 lb. Flour.	½ teaspoonful Bak-
½ lb. SHREDDO.	ing Powder.
	Pinch of Salt.

Mix flour, baking powder and salt well together, add SHREDDO, and mix—do not rub it in. Add water to mix to a firm paste (about a small teacupful), and roll out.

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SPANISH PUDDING

6 ozs. Ground Rice	2 Eggs.
¼ lb. SHREDDO.	Pinch of Salt.
¼ lb. Sugar.	6 ozs. Dried Apricots.
Teaspoonful Baking Powder.	A little Milk.

Put apricots to soak in water overnight, drain off water next day, and cut up. Mix rice, salt, baking powder and SHREDDO, then add the apricots. Beat up eggs with sugar and add a little milk. Put in greased basin, cover with greased paper. Steam for 3 hours.

TREACLE PUDDING (No. 1)

8 ozs. Flour.	Pinch of Salt.
4 ozs. SHREDDO.	Treacle (or preferably Golden Syrup).
Teaspoonful of Baking Powder.	

Mix all dry ingredients together with cold water to a stiff paste and roll out thin. Line greased basin with paste, put layer of syrup into basin, then sprinkle over a few breadcrumbs; then cover with another layer of paste; repeat until basin is filled, paste being at top. Cover with greased paper and steam for 3 hours.

TREACLE PUDDING (No. 2)

6 ozs. Breadcrumbs.	Grated Rind and Juice of 1 Lemon.
3 ozs. SHREDDO.	
Breakfast cup of Golden Syrup.	1 Egg.

Mix breadcrumbs with SHREDDO and lemon peel grated, then stir in warmed syrup and lemon juice, lastly the egg, well beaten. Turn into greased basin, cover with greased paper, and steam for 3 hours.

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VISITORS' PUDDING

8 ozs. Breadcrumbs.	1 oz. chopped
6 ozs. SHREDDO.	Candied Peel.
3 ozs. Sugar.	3 ozs. Dried Cherries.
1 oz. Ground	2 Eggs.
Almonds.	1/2 gill Milk.
	1 glass Sherry.

Mix breadcrumbs, SHREDDO, sugar, almonds, and candied peel together. Beat up eggs, add milk and sherry, and stir into the dry ingredients. Grease basin and line with cherries cut in half. Pour in mixture and steam for 2 hours. Serve with custard sauce.

Baked Puddings

General Directions

When lining a pie-dish with pastry for a baked pudding, it must be quite thin at the bottom of the dish, or it will be very difficult to get it sufficiently cooked. Baked puddings that contain eggs or cheese with milk need a very moderate oven. Milk puddings that contain eggs will be lumpy and watery if allowed to boil. If you want to use skimmed milk for puddings add one ounce of SHREDDO to every quart of milk, and you will find it almost as good as ordinary milk.

All dried fruits, such as apple rings, dried apricots, etc., should be soaked in cold boiled water for twenty-four hours before they are used.

Puddings that contain baking powder or carbonate of soda must be put in the oven as soon as possible after the liquid has been added.

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BIRTHDAY PUDDING (Baked)

4 ozs. Breadcrumbs.	3 tablespoonsful
2 ozs. Ground Rice.	Raspberry Jam.
3 ozs. Sugar.	2 Eggs.
4 ozs. SHREDDO.	1 gill Milk.
2 ozs. Candied Peel.	

Mix dry ingredients together, moisten with eggs well beaten in milk, and beat up thoroughly. Pour into greased pie-dish on which sliced candied peel has been placed, and bake in moderate oven for about $1\frac{1}{2}$ hours.

BAKED JAM ROLL

$\frac{3}{4}$ cup SHREDDO.	1 tablespoon Sugar.
3 teacups Flour.	1 teaspoon Baking
1 lb. Apples or stoned	Powder.
Dates.	Milk or Water to mix.

Roll out, spread fruit, jam, or dates and spread over with a little sugar. Roll up, fasten in ends, brush over with an egg and bake $\frac{3}{4}$ hour in moderate oven.

BLACKBERRY PUDDING

Half fill pie-dish with ripe blackberries, sprinkled with sugar. Put in a basin 8 ozs. flour, 3 ozs. SHREDDO, pinch of salt, teaspoonful baking powder. Stir in enough milk to make a fairly stiff batter, and then pour over the blackberries. Bake in moderate oven until crisp and nicely browned.

BREAD PUDDING

$\frac{1}{2}$ lb. Stale Bread.	1 Egg, beaten up with
2 ozs. SHREDDO.	milk to moisten,
3 ozs. Currants.	and a little grated
2 ozs. Sugar.	Nutmeg or Ground
	Ginger to flavour.

Cut crust off bread, soak slices in cold water, then strain in colander and squeeze out water,

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ABERDEEN PUDDING

2 ozs. good Pearl
Barley.
5 ozs. Sugar.

1 oz. SHREDDO.
1 quart milk, nutmeg
to taste.

Let the barley soak for twelve hours, then strain it. Mix the barley with the sugar in a greased pie-dish, add the SHREDDO, pour the milk over, sprinkle some grated nutmeg over the top, and then bake the pudding in a very gentle oven for three hours, or until it is like a thick cream. This is very good served with stewed figs or prunes, jam, or custard.

APPLE PASTY

$\frac{3}{4}$ lb. Apples, peeled
and shredded.
1 tablespoon Butter.
About 3 or 4 table-
spoons Sugar.

About 2 tablespoons
Water.
Grating of Nutmeg
or Lemon Rind.
Shreddo Short Pastry.

Line a flat dish with SHREDDO short pastry. Put a layer of apples; add sugar, water, flavouring and butter melted; add rest of apples. Cover apples with rest of pastry. Brush top with beaten egg or milk. Bake in fairly moderate oven. Time, about 30 minutes—according to variety of apples.

BACHELOR'S PUDDING

6 ozs. Flour.
3 ozs. SHREDDO.
3 ozs. Sugar.
4 ozs. stoned Raisins.

1 teaspoonful Baking
Powder.
Pinch of Salt.
1 Egg.
About $\frac{3}{4}$ -pint Milk.

Mix dry ingredients together, add egg well beaten, and milk. Beat up mixture well. Bake in greased pie-dish in a moderate oven for about 1 hour. Turn out of dish before serving.

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beat well with a fork; add SHREDDO, currants and sugar; mix well, then add egg and milk. Pour into greased pie-dish and bake in moderate oven for 1 hour. Turn out of pie-dish and serve hot.

CHILDREN'S PUDDING

2 ozs. Rice.	2 ozs. Sugar.
2 ozs. SHREDDO.	1 quart of Milk.
2 ozs. Breadcrumbs.	Pinch of Salt and
1 Egg.	Nutmeg.

Boil rice in milk until quite soft; add breadcrumbs and SHREDDO; beat sugar, salt, nutmeg and egg together, and beat up well with mixture. Pour into greased pie-dish and bake in moderate oven until browned. Turn out of dish and spread layer of jam or marmalade on top.

APPLE CHARLOTTE

1 lb. Cooking Apples.	1/2 Lemon.
4 ozs. SHREDDO.	6 ozs. Breadcrumbs.
4 ozs. Sugar.	A little Butter.

Peel, core and slice the apples and mix them with the SHREDDO. Fill a greased pie-dish with alternate layers of breadcrumbs, suet, and apples, sprinkling each layer with sugar and grated lemon rind. Reserve enough breadcrumbs to sprinkle over the top, and put on a few tiny pieces of butter. Bake in a moderate oven for about 1 1/4 hours, and serve turned out on a hot dish.

APPLE SPONGE

Bread.	1 Egg.
Apples.	Pint of Milk.
2 ozs. Sugar.	SHREDDO.

Grease pie-dish, fill with slices of bread cut thin, and between each layer put apple thinly

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sliced and a sprinkling of SHREDDO. Beat up egg, sugar and milk, then pour over. Bake in slow oven for about $1\frac{1}{2}$ hours.

APPLE TURNOVER

Make crust, following directions for "Short Crust," and roll out square. Fill half the surface with apples peeled, cored and sliced. Sprinkle with sugar and a few cloves. Fold over the other half of the crust, pinching the edges firmly together. Bake on greased tin. Sprinkle with fine sugar before serving.

EMERGENCY PUDDING

$7\frac{1}{2}$ ozs. Flour.

Teaspoonful Baking Powder.

3 ozs. SHREDDO.

3 ozs. Castor Sugar.

2 Eggs.

Milk or half Water.

Grated Orange or Lemon Rind, or some Flavouring Essence.

Mix flour, baking powder, sugar, SHREDDO and pinch of salt. Beat eggs, add milk to make up a breakfast cupful. Mix up all very thoroughly, but do not beat. Leave room for rising, and bake at steady heat, very moderate, for about 40 minutes. It should be a nice brown and resemble cake in consistency. Serve with sugar and butter or spread warm jam or marmalade on top after turning out the pudding.

FRUIT PIES

Make crust, following recipe given for "Short Crust." Start pastry in a hot oven and gradually cool to avoid the crust burning.

Fill pie-dish with fruit as full as possible, as the fruit shrinks in cooking. To prevent the crust from sinking put an old cup or pie chimney

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in centre of dish. Sprinkle with sugar; the quantity required depends on the fruit used.

When using apples, plums or any hard fruit, pour a little cold water over the fruit. Damp the rim of the pie-dish with water and then line with a strip of pastry. Cover the fruit with crust, pinching it on to the edging or pressing together with a fork. When making apple pie, put a few cloves with the fruit, or a little lemon juice or lemon peel sliced very thin.

Before bringing pie to the table sprinkle over with fine white sugar.

Note.—Pies should be eaten while the crust is hot, as the pastry will be more digestible.

GINGER PUDDING (Preserved)

1/2 lb. Golden Syrup.	1 oz. Candied Peel.
1/2 lb. Flour.	1 teaspoonful Grated
1/4 lb. Breadcrumbs.	Ginger.
3 ozs. SHREDDO.	1 teaspoonful Baking
3 ozs. Preserved	Powder.
Ginger.	1 Egg and Milk to
	moisten.

Take some of the crumbs and thoroughly coat a deep well-greased pie-dish, using a thicker layer at bottom than at sides. Mix all the dry ingredients, cutting ginger and peel in small pieces; add the egg well beaten in $\frac{1}{2}$ pint of milk; beat together well. Bake in moderate oven for about $1\frac{1}{2}$ hours, a few crumbs and a sprinkling of SHREDDO being reserved for the top. Brown nicely and serve with sauce made from half cup each of golden syrup and ginger syrup and the rind and juice of an orange heated together, or with a thin sauce flavoured with ginger syrup.

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MARMALADE PUDDING

Grease pie-dish, spread thin slices of bread without crust with marmalade. Make a thin custard powder (sweetened), pour while hot between each slice of bread and marmalade sprinkled over with SHREDDO, leaving a good supply to pour over top layer. Bake for $\frac{1}{2}$ hour in slow oven. Turn out of dish before serving.

ORANGE PUDDING

6 ozs. Breadcrumbs.	Grated Rind and Juice
4 ozs. SHREDDO.	of 2 Oranges.
3 ozs. Sugar.	1 Egg and Milk
1 oz. Candied	to moisten.
Orange Peel.	

Grease pie-dish, decorate with strips of candied peel thinly sliced, mix ingredients together. Beat up egg in milk and mix thoroughly. Bake in slow oven for about 1 hour.

RASPBERRY CHARLOTTE

4 ozs. Breadcrumbs.	2 ozs. SHREDDO.
$\frac{1}{2}$ lb. Raspberries.	1 Egg.
2 ozs. Sugar.	$\frac{1}{4}$ pint of Milk.

Grease pie-dish; place alternate layers of bread, SHREDDO and fruit, having layer of breadcrumbs on top. Pour over egg, sugar and milk beaten up thoroughly. Bake in slow oven for 1 hour. Turn out of pie-dish and serve hot. Loganberries, red or black currants are equally nice.

BAKED SUET PUDDING

1 lb. Flour.	Large teaspoonful
6 ozs. SHREDDO.	Baking Powder.
	Pinch of Salt.

Mix flour, baking powder and salt, then add suet. Moisten with water, pour into a greased

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pie-dish, and bake in moderate oven for $1\frac{1}{2}$ hours.

ROCHDALE PUDDING

Grease pie-dish, cut thin slices of bread, place these in dish, and between each slice sprinkle sultanas and SHREDDO. Beat up 1 egg with $\frac{1}{2}$ pint milk (or more if large pudding), 2 ozs. sugar, and a few drops of essence of almonds; pour over. Bake in slow oven until brown. It is advisable to let the pudding soak before placing in oven, so that a little more milk may be added if necessary.

SHORT CRUST FOR TARTS OR PIES

1 lb. Flour.

Baking Powder.

$\frac{1}{2}$ lb. SHREDDO.

Lemon Juice.

Water.

1 Egg (yolk).

Salt.

Sift the flour and a pinch of salt, and half a teaspoonful of baking powder, or use self-raising flour; add SHREDDO, mix, but do not rub it in. Beat egg yolk with teaspoonful lemon juice in teacupful of water. After mixing to firm paste, roll out once only. If for fruit pies or tarts, add teaspoonful of sugar. If for meat pies, etc., season with white pepper and increase salt to half teaspoonful.

Make in a cool place. Flour the board and pin lightly and evenly. If made too moist it loses its shortness and is spoiled. Give quick heat at first in baking, then finish moderately. Time according to thickness of crust.

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Milk Puddings

General Directions

Milk Puddings should be cooked in a slow oven—they will then taste much richer and the milk will not boil over and be wasted. Do not fail to add a little salt.

Note.—Milk Puddings are made delightfully creamy and nourishing by adding 1 tablespoonful of SHREDDO to each pint of milk. Specially suited to children and invalids.

When using separated milk or a half-and-half mixture of milk and water, add 1 tablespoonful of SHREDDO to each pint. This will bring it to the equivalent nourishment and richness of full milk.

RICE PUDDING

2 ozs. best Rice.	Pinch of Salt.
2 ozs. Sugar.	1 tablespoonful
1 pint of Milk.	SHREDDO.

Put all ingredients into pie-dish; pour milk over, and stir well. Grate some nutmeg over the top and bake in slow oven for 2 hours.

SEED TAPIOCA (Small Sago) PUDDING

1½ ozs. Tapioca.	Pinch of Salt.
2 ozs. Sugar.	1 tablespoonful
1 pint of Milk.	SHREDDO.

Put all ingredients into pie-dish; pour milk over, stir well. Grate some nutmeg over the top, and bake in slow oven for 1 hour.

SEMOLINA PUDDING

2 ozs. Semolina.	1 tablespoonful
2 ozs. Sugar.	SHREDDO.
1 pint of Milk.	Flavouring to taste.
Pinch of Salt.	

Put milk in saucepan; when boiling stir in

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Semolina, sugar, salt and flavouring. Add SHREDDO, and pour into greased pie-dish, and bake for 30 minutes in moderate oven. Bay leaf or lemon peel put in milk until boiling gives a nice flavour.

GROUND RICE PUDDING

2 ozs. Ground Rice.	Pinch of Salt.
2 ozs. Sugar.	1 tablespoonful
1 pint of Milk.	SHREDDO.

Follow directions for Semolina Pudding. A nice change in flavouring can be got by putting a stick of vanilla in the milk, which should be taken out before pouring into pie-dish.

VERMICELLI PUDDING

2 ozs. Vermicelli.	Pinch of Salt.
2 ozs. Sugar.	1 tablespoonful
1 pint of Milk.	SHREDDO.

Crush vermicelli between fingers and sprinkle into milk. Follow the directions for Semolina Pudding. Flavour with essence of lemon or almonds, bay leaf, or stick of vanilla. One egg beaten up into the mixture before turning out into pie-dish makes a great improvement in the pudding, but care must be taken that the mixture is well off the boil before adding the egg. Cook in slow oven.

Savouries

BEEF STEAK PUDDING

Make crust according to recipe for "Suet Crust" for puddings, grease basin, then line with paste.

1 lb. Beef Steak.	1 Onion chopped
½ lb. Bullock's or	small (or Oysters
Sheep's Kidney.	or Mushrooms if
Pepper and Salt.	available).

Cut steak in pieces about 2 inches square and

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the kidneys into small pieces. Sprinkle layers with a little flour and other ingredients. Then about three-quarters fill basin with boiling water or stock. Cover with the paste, pinching edges of lining and cover together. Cover with greased paper and steam for 4 hours.

BEEF STEAK PIE

Make crust according to recipe for "Short Crust." Use the same ingredients as for Beef Steak Pudding and place in pie-dish. For the meat to be well cooked and tender and the crust not overbaked, it is best to well fill the pie-dish, cover with an old dish and stew gently in the oven for $1\frac{1}{2}$ hours. Let the meat cool, then put a pie chimney in the centre of the dish, to prevent the paste sinking. Damp edge of pie-dish, cover with a strip of paste, then put the paste over the meat to cover, pressing the edges together. Make a hole in the centre to allow steam to escape. Bake until crust is brown. Serve hot.

COLD MEAT PIE

Cut up any cold meat left over. Put a layer of sliced potatoes at the bottom of the dish, then meat, with a little finely-chopped onion or other flavouring, pepper and salt, and fill up dish. Pour over some stock, or, if no stock is handy, use a little meat essence mixed with water. Cover with "Short Crust" and bake. Serve hot.

COLD MEAT ROLLS

Pass the meat through a mincing machine with half the bulk of breadcrumbs added, some finely-chopped parsley, pepper and salt. Beat up one egg, moisten the mixture with the hand. Make some "Short Crust," roll out, cut into suitable size—about 5 inches square—fill the mixture on

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half the surface, double over the crust, pinching the edges together, then bake and serve hot. The egg may be omitted and stock used to moisten.

SAUSAGE ROLLS

Boil the sausages for 5 minutes, then remove the skins. Make "Short Crust," roll out square, put sausage on one half, double over the paste, pinch together, prick holes on top with a fork, and then bake. Minced beef and ham, or veal and ham will make a nice filling instead of sausage.

Sundries

MINCEMEAT

1 lb. SHREDDO.	1 Lemon.
1 lb. chopped Raisins.	$\frac{1}{4}$ lb. Candied Orange Peel.
1 lb. chopped Apples.	$\frac{1}{2}$ Nutmeg (grated).
1 lb. chopped Sultanas.	$\frac{1}{2}$ teaspoonful Salt.
1 lb. Brown Sugar.	2 ozs. Sweet Almonds (blanched and chopped).
1 lb. Currants.	$\frac{1}{4}$ pint of Brandy or Whisky.
$\frac{1}{4}$ lb. Citron Peel.	
$\frac{3}{4}$ lb. Candied Lemon Peel.	

Dry the sultanas and currants after washing, mix all dry ingredients together after chopping. Lastly, add the grated rind and strained juice of lemon and the spirits. Mix all thoroughly. Ingredients can be put through small mincing machine instead of being chopped.

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"It is advisable to give plenty of foods rich in fat-soluble Vitamins to those of all ages who suffer from catarrh or weak chests."

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